

For more details on older adult programs, call Judy Jones at 751-4135.

Senior Tennis

This program is for tennis players of all levels aged 55 and older. Meet new tennis partners during weekly play. The activity is ongoing. Previous tennis experience is necessary. Rockwood Park, courts 5-9, 3401 Courthouse Road
Mondays, 9-11 a.m. Free

Senior Tennis 2

This program is for tennis players of all levels aged 40 and older. Meet new tennis partners during weekly recreational play. Huguenot Park, courts 1-3
Tuesdays, March 1-Dec. 20, 4:30-6:30 p.m. Free

Senior Golf

This program is for golf players of all levels aged 60 and older. Here is your chance to meet new golf partners during weekly play. Advanced registration is required. Fee includes 18 holes and a cart, and is payable on-site. Providence Golf Course, 1160 S. Providence Road
Wednesdays, April 5-Oct. 25, 8 a.m. \$27
Details: Bob Bergin, 794-1097, or Dave Flynn, 272-1712

Seniorcise

Stretch, reach and march yourself to a healthier and more fit condition. This upbeat and challenging class is set to music of the 1940s and '50s. Athletic shoes are suggested. Membership is not required. The instructor will be Laura Heidig. American Family Fitness, 9101 Midlothian Turnpike
Mondays and Wednesdays, noon-1 p.m.
June 19-Aug. 23, Register by June 1. \$40 Course 12181

Discover Chesterfield – A Walking Club

This walking program is designed to introduce participants to Chesterfield County parks, open spaces and greenways while they meet new walking partners. Once per month, an organized walk will take place at a different county park, open space or greenway, led by Chesterfield County Parks and Recreation Department staff. Organized walks will be scheduled on the first Tuesday of each month. Call to sign up for the club and receive a detailed schedule.

Tuesdays, 9 a.m. Free

May 2 Harrowgate Park, 4000 Cougar Trail

June 6 Rockwood Park, 3401 Courthouse Road
(Meet at Nature Center.)

July 5 (Scheduled on Wednesday due to holiday on July 4)
Huguenot Park, 10901 Robious Road (Meet in front of the basketball courts.)

Aug. 3 Harry G. Daniel Park at Iron Bridge, 6600 White Pine Road (Meet at Shelter 2.)

Details: Judy Jones, 751-4135

Get in the Know

This is a monthly program designed for adults aged 55 and older. Learn, explore, recreate and educate. This program is made possible by the cooperative efforts of the Chesterfield County Parks and Recreation Department, Chesterfield County Public Library and Friends of the Chesterfield County Public Library.

LaPrade Library, 9000 Hull Street Road

First Thursday of each month, 10:30 a.m.-noon, Free

Details: Judy Jones, 751-4135, or Evelyn Dawson, 276-7755

Thursday, May 4, Container Gardening

Join Master Gardner Lillian Umphlett as she teaches you to grow plants in various types of containers.

Thursday, June 1, Pamplin Historical Park & The National Museum of the Civil War Soldier

Featured on the Travel Channel as one of Virginia's Best Places to Visit, Pamplin Historical Park is the perfect combination of high-tech museum and hands-on experiences. Its 422-acre campus features four world-class museums, three antebellum homes and costumed living-history demonstrators. Learn about this international treasure located near Petersburg from Allan Altholz, director of marketing and membership services.

Chester Library, 11800 Centre St.

Third Tuesday of each month, 10:30 a.m.-noon, Free

Details: Judy Jones, 751-4135, or Pam Bachman, 748-6314

Tuesday, May 16, Container Gardening

Join Master Gardner Lillian Umphlett as she teaches you to grow plants in various types of containers.

Tuesday, June 20, Virginia's Classical Capital: Past, Present and Future

Learn about the great people and events associated with Richmond's irreplaceable 1788 Capitol and the challenge of renewing this treasured building.

Midlothian Library, 521 Coalfield Road.

Second Wednesday of each month, 10:30 a.m.-noon, Free

Details: Judy Jones, 751-4135, or Jennifer Shepley, 794-7907

Wednesday, May 10, Virginia Taverns, Ordinaries and Coffee Houses

Dr. Agnes Gish has spent more than 20 years researching taverns, ordinaries and coffee houses in Virginia. Come hear brief vignettes on these public and private houses of entertainment.

Wednesday, June 14, Container Gardening

Join Master Gardner Susan Nienow as she teaches you to grow plants in various types of containers.

Look for the phone symbol

Whenever you see this symbol next to a program, it indicates that you can use our easy, Touch-Tone Registration process. See Page 29 for details.



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Amphill Senior Programs

The programs listed below highlight activities taking place at Amphill Presbyterian Church, 2800 Falling Creek Ave., from May through August. These programs are made possible by the cooperative effort of Chesterfield County and funding from a Community Development Block Grant.

Details: Judy Jones, 751-4135

Low-Impact Aerobic for Seniors ☎

This aerobic workout will include exercises and basic steps set to music. The class will include a low-impact cardiovascular workout with warm-up and cool-down exercises. Some strength training and stretching will be included. The instructor will be Catherine DeSouza.

Classes will be held 9-10 a.m.

Session 1

Mondays, May 1-June 19, \$14 Course 12217
(Not held on May 29)

Thursdays, May 4-June 22 \$16 Course 12218

Session 2

Mondays, June 26-Aug. 21 \$14 Course 12119
(Not held July 17 and Aug. 14)

Thursdays, June 29-Aug. 24 \$14 Course 12220
(Not held July 20 and Aug. 17)

Crafts

Have fun while creating a new craft. Fee includes instruction and all supplies.

Cat Eyes ☎

Cat eyes will be painted on a chip-wood box and gift bag.

Friday, May 26, 9 a.m.-1 p.m. \$15 Course 12230

Red Hat Society ☎

Make hat and purse ornaments from the Red Hat Society. How cute!

Friday, July 28, 9 a.m.-1 p.m. \$15 Course 12232

Introduction to Yoga ☎

This course is appropriate for students of all fitness levels. It will incorporate easy postures, deep relaxation, breathing practices, and meditation to help reduce stress and improve mental and physical balance, strength and flexibility, and increase your sense of well-being. The Certified Integral Yoga instructor will be Catherine DeSouza.

Classes will be held 10:15-11:15 a.m.

Mondays, May 1-June 19 (Not held May 29) \$14 Course 12221

Thursdays, May 4-June 22 \$16 Course 12222

Mondays, June 25-Aug. 21 \$14 Course 12223
(Not held July 17 and Aug. 14)

Thursdays, June 29-Aug. 24 \$14 Course 12224
(Not held July 20 and Aug. 17)

Additional Senior Opportunities and Events

Transportation Available – Access Chesterfield

Access Chesterfield provides transportation services for any Chesterfield County resident who is disabled, aged 60 or older, or who meets federal income guidelines.

Details: 279-8489

Lifelong Learning Institute

Imagine a learning environment for retirees where the goal is intellectual stimulation with a dose of fun. Homework is optional, and exams are prohibited. Take college-level courses for no credit. To be on the mailing list, or to teach, contact Debbie Leidheiser at Brandermill Woods, 521-8282, or dleidheiser@brandermillwoods.com.

Senior Center of Richmond at Chesterfield

Programs offered at the Senior Center include dance, language classes, card and game groups, health and fitness opportunities, special events and trips.

The Featherstone Professional Center, Huguenot Road
Mondays-Fridays, 9 a.m.-4:30 p.m., some evenings

Details: 594-2339

Virginia Senior Games

Senior adult, aged 50 and older will gather May 11-14 in Virginia Beach for competitions in a variety of sports including archery, three on three basketball, tennis, race walking, golf, horseshoes, swimming, volleyball and more. For a complete registration packet, please call the Virginia Recreation and Parks Society at 730-9447.

TRIAD/Seniors and Law Enforcement Together

TRIAD is a cooperative effort between the Chesterfield County Police Department, Chesterfield County Sheriff's Office and seniors committed to enhancing the quality of life and reducing crime against senior citizens. Meetings are held the third Thursday of each month.

TRIAD Senior Day

Chesterfield County's TRIAD Senior Day is an opportunity for senior adults to visit with more than 50 businesses and nonprofit agencies to learn about opportunities and services to make life safe, active and more enjoyable. Enjoy entertainment, informational booths and door prizes. Join us at our new location. Wednesday, May 3, 9 a.m.-1 p.m.

Victory Tabernacle, 11700 Genito Road Free

We like to hear from you.

Contact us at parksrec@chesterfield.gov.

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The Chesterfield Traveler – 2006

Trips for adults aged 50 and older Details: Judy Jones, 751-4135

Adventures in Chincoteague

Travel to Chincoteague Island for an overnight stay on one of the most beautiful islands on Virginia's Eastern Shore. A special tour guide will join us for a two-day look at the island. Visit the Barrier Island Center, Blue Crab Bay Company, Chincoteague National Wildlife Refuge and Assateague Island National Seashore, including the Assateague Lighthouse and Bateman Center. Fee includes transportation, professional guide service, one breakfast, two lunches, one dinner, all admissions, taxes, gratuities and baggage handling for one bag.

Thursday and Friday, June 15 and 16 **Course 12017**

Single: \$317 Double: \$260 Triple: \$241 Quad: \$231

Pickup: Breckenridge Square, 6:30 a.m. **Return:** 7:30 p.m.

Pickup: Beaufont Mall, 7 a.m. **Return:** 7 p.m.

\$50 deposit due at registration to reserve your space.

Balance due in full by May 12.

"The Music Man" at Riverside Dinner Theatre

Travel to Fredericksburg to see "The Music Man," one of the most loving and beloved celebrations of Americana to ever grace the stage. Hits songs from this musical include "Seventy-six Trombones" and "Ya Got Trouble." Fee includes transportation, performance, lunch, all taxes and gratuities.

Wednesday, July 26 \$79 **Course 12418**

Pickup: Breckenridge Square, 10 a.m. **Return:** 6:30 p.m.

Pickup: Beaufont Mall, 10:30 a.m. **Return:** 6 p.m.

Register by July 12.

Carl Hurley – America's Funniest Professor

Travel to Charlottesville for a hilarious, fun-filled comedic performance by Carl Hurley, known to many for his appearances on the The Nashville Network, ABC Family and many television specials. The beautiful, talented and hilarious Jeanne Robertson, Miss North Carolina 1963, also will perform. She will have you laughing as she relates original stories based on her life experiences. After the show, enjoy an early dinner at one of Charlottesville's premier restaurants, the Hardware Store Restaurant. Choose from a roast-beef or turkey-breast dinner. Indicate dinner selection when you register. Fee includes transportation, performance, dinner, all taxes and gratuities.

Tuesday, Sept. 12 \$94 **Course 12421**

Pickup: Breckenridge Square, 11:30 a.m. **Return:** 8:30 p.m.

Pickup: Beaufont Mall, noon **Return:** 8 p.m.

Register by Aug. 17.

Winchester, Virginia: Where the Shenandoah Valley Begins – Patsy Cline Tour

Begin the day with a tour of the newly opened Museum of the Shenandoah Valley, a museum dedicated to the art, history and culture of the Shenandoah Valley. Included are a guided tour through the Glen Burnie Historic House and time on your own to see six acres of spectacular gardens. Following lunch at a quaint popular restaurant, a step-on guide will board the coach for a Patsy Cline and Country Roads Riding Tour of Winchester. Fee includes transportation, admission to museum and Glen Burnie House, lunch, guided riding tour, all taxes and gratuities.

Wednesday, Oct. 18 \$99 **Course 12422**

Pickup: Breckenridge Square, 6:15 a.m. **Return:** 7:15 p.m.

Pickup: Beaufont Mall, 6:45 a.m. **Return:** 7:15 p.m.

Register by Sept. 26.

"Cats" at the Riverside Dinner Theatre

Winner of the 1983 Tony for best musical, "Cats" was the longest-running show on Broadway. Today, this show continues to charm audiences with spectacular choreography and songs by Andrew Lloyd Webber. En route to Riverside, a stop will be made at the popular Russell Stover Candy Outlet for that perfect stocking stuffer. Fee includes transportation, performance, lunch, all taxes and gratuities.

Wednesday, Nov. 15 \$79 **Course 12423**

Pickup: Breckenridge Square, 9:45 a.m. **Return:** 6:30 p.m.

Pickup: Beaufont Mall, 10:15 a.m. **Return:** 6 p.m.

Register by Oct. 24.

A Holiday Festival with the U.S. Army Orchestra

Enjoy a joyous holiday concert at Washington's DAR Constitution Hall. This very special holiday festival is performed by the U.S. Army Orchestra, Pershing's Own. Joining the 48-piece orchestra will be the Army Herald Trumpets, Army Chorus, Army Choral and a special visit from Santa Claus. A special guest artist also will perform with the orchestra. Enjoy a lunch of either chicken breast cordon blue, London broil or vegetable pasta at Clude's Restaurant in Georgetown. Indicate your lunch choice when you register. Fee includes transportation, performance, lunch, all taxes and gratuities.

Saturday, Dec. 9 \$78 **Course 12420**

Pickup: Breckenridge Square, 8:30 a.m. **Return:** 7:30 p.m.

Pickup: Beaufont Mall, 9 a.m. **Return:** 7 p.m.

Register by Nov. 10.